



NO CHEW STEW

& so much more...

Easy to follow, easy
to swallow cookbook

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Introduction

I hope you enjoy this selection of recipes developed by Chef Danny McArdle. Each recipe can be blended to become really smooth, so the idea is that people who have difficulties swallowing or chewing food can eat the same meals as those who don't. Although this resource has been produced by TRACTION Cancer Support a Scottish Charity that helps people with cancers of the aerodigestive tract, it can be used to create meals for stroke patients, those with motor neurone disease, multiple sclerosis to name but a few and elderly people who have difficulty chewing food.

There is also a section on tips which gives advice as to which parts of the fish are best to buy, which types of potatoes to choose and lots more.

All recipes serve 2 to 4 people.

We are hoping to add more recipes, tips and ideas to this repertoire, so please, send any of your own to liz.grant6111@gmail.com and they may well appear on our website (www.tractioncancersupport.org)

Hopefully as in the words of Oliver Twist the phrase "please sir, I want some more" will be your mantra at the end of each course!

This book is dedicated to Ben Walton who died of oral cancer aged 22 years.

Starters





Hot Smoked Salmon Mousse with Saffron Cream

260g hot smoked salmon (available in most supermarkets)
220ml double cream

150ml fish stock
1 teaspoons lemon juice
Grated zest of $\frac{1}{4}$ of a lemon (optional)

Dash of tobacco sauce (optional)
Pinch of nutmeg (optional)

4 gelatine leaves, soaked in cold water to soften

Place hot smoked salmon, double cream, seasonings and lemon juice into a food processor and blend to a smooth purée.

Heat the fish stock in a saucepan and bring to a simmer. Squeeze out any excess liquid from the gelatine, then add to the chicken stock and stir until dissolved.

Whisk the fish stock into the smoked salmon purée until well combined. Season to taste with freshly ground black pepper.

Either pour into 1 large bowl or individual ramekins. Place in the fridge and chill for 2 hours, or until set.

Serve with saffron cream from recipe.

Mushroom Cappuccino

250g washed and
chopped brown
mushrooms (wash at
last minute)

100g peeled and
chopped onions

1 small clove
crushed garlic (crush
earlier and leave in
a little oil)

Hot chicken stock
(to cover all
ingredients)

2 or 3 thyme leaves

25ml full fat milk
(warm, under 60°C)

25g butter

Pinch grated
nutmeg

You will need cappuccino cups, saucers
& spoons.

Add butter to cold pan and melt. Slowly
cook onions without colour and add
mushrooms covering with stock and
bringing quickly to the boil.

Simmer for 2 minutes and turn off heat.
Add garlic and thyme. Blend! Check
seasoning and pour into warmed cups.

Heat up milk and froth with blender and
spoon on finished soup. Sprinkle with
nutmeg and serve.





Parmesan Soufflé with Peanut Butter and Watercress Pesto

75g of grated
fresh parmesan,
plus just enough
extra to line a
heavily buttered
soufflé dish

50g butter
50g plain flour
4 egg yolks
 $\frac{1}{2}$ pint boiling
milk

Pinch of
cayenne
(optional)

Pinch of nutmeg

Large pinch
each salt and
pepper

5 egg whites,
with another
pinch of salt.

Allow to
sit at room
temperature

$\frac{1}{4}$ level teaspoon
of cream of
tartar

Make the sauce first. Melt the butter in a large saucepan. Stir in the flour using a wooden spoon and cook over a moderate heat, gently bubbling for about 2 minutes without burning – keep gently stirring.

Remove from the heat and pour in all of the boiling milk and beat vigorously with a wire whisk until blended, beating in seasoning and spices at the end. Return to the heat and boil, continuing to stir with the wire whisk for one minute and remove from the heat. You should now have a very thick sauce. Drop the egg yolk into the centre of the warm sauce and beat with the whisk. Add more seasoning as required, according to taste.

The sauce can be prepared to this point in advance. Place dots of butter on surface and spread over the top to prevent a skin forming. Reheat to hand hot when ready to use.

Put the egg whites and salt and in a clean, dry glass or metal bowl – whisk for 30 seconds, then add the cream of tartar, then continue whisking until it forms stiff peaks, making a meringue. (A plastic bowl may have a little grease which will prevent the whites from whipping, as will the presence of any egg yolk).

Stir quarter of the meringue into the sauce mix and stir in all but a tablespoon of the cheese. Gently fold in the rest of the meringue and then tip it into the prepared soufflé dish, tap the bottom of the dish lightly on the table and smooth the top of the mixture with a large flat knife and sprinkle the remaining cheese on top.

Bake for around 30 minutes in a preheated oven, gas mark 5, 375°F or 180°C. (Do not open oven to check for at least 20 minutes).



250g sweet potato
(or half sweet & half
floury potato)
125g grilled, crispy
smoked bacon -
drain off excess fat
and leave to cool
100g butter
 $\frac{1}{2}$ medium onion,
finely chopped
1 red chilli,
deseeded and finely
chopped
1 clove of garlic,
finely chopped
 $\frac{1}{2}$ teaspoon ground
cumin
1 sprig of chopped
coriander
Juice of 1 lime
Plain flour for dusting

Note: Brown
crab meat
(soft), white
crab meat or
cooked salmon
could be used
instead of bacon.

Sweet Potato and Smoked Bacon Cakes with Bloody Mary Foam

Boil peeled and chopped sweet potato until soft. Leave aside $\frac{1}{4}$ (optional if more texture required in the finished cakes) - mash the rest and allow to cool. Melt butter in a pan on a low heat and sweat onion until soft, then add garlic, chilli, cumin and chopped, grilled bacon and coriander for a further 2 minutes.

Remove from heat and cool and blend to a smooth paste using a little oil or bacon fat, if smooth texture required.

Mix all of the potato, lime juice, bacon, onion and spices. Form into round pates. Dust with plain flour just prior to cooking.

Fry over a medium heat until a light crust is formed (helps to hold cake together- this will soften). Turnover and repeat till heated through. Turn heat off. Add more butter to pan.

Serve with Bloody Mary Foam.



Mains



Poached King Scallop Risotto with a Roe and Vanilla Essence

Risotto

12 king scallops
including roe
(separate and keep
roe for essence)

250g arborio rice
 $\frac{1}{2}$ a large or one
small onion, finely
chopped

1 large clove of
garlic, crushed

50g butter

Essence

125ml double cream

1 drop of vanilla
extract

50g butter

Poach scallops for 2 or 3 minutes in enough gently simmering water to cover the scallops. Lift them out and keep water aside. Allow scallops to cool. Fry onion in butter gently without colour, then add rice to pan for 1 minute or so. Start adding hot stock about 50ml at a time, continually stirring over a low heat, until liquid is absorbed and rice is soft, then add the garlic. Adding boiled water if required. Finely chop the scallops and add at the end of cooking to reheat. Leave 1 or 2 thinly sliced to garnish, if desired.

Over a low heat, add the butter and pierce the roe with a fork and add to the melted butter. Add the double cream and the vanilla and slowly simmer for 1-2 minutes. Remove from the heat and blend. Pour over the risotto.

For a vegetarian option, use vegetable stock instead of scallop stock. Add cooked broccoli, tomato, beetroot powder, mushrooms, beans, soaked nuts and seeds, spinach or pesto at the end with a crumble of your favourite cheese to fold.





Thai Style Cod with a Coconut Broth (Fish Mould)

4 cod fillets, approx.

100g per person

8-10 leaves fresh mint, finely chopped

2 cloves garlic,
crushed

1 or 2 centimetre
piece of root ginger,
grated

1 red chilli, finely
chopped

1 tablespoon of nam
pla (fish sauce)

1 small bunch
coriander, finely
chopped

1 small onion, finely
chopped

2 spring onions,
finely chopped

400ml can of
coconut milk

1 stick of lemon
grass, finely
chopped

Juice of 1 lime

Sweat the onion until soft, but not browned in a little oil in a large lidded pan, add the ginger, chilli, lemon grass and spring onion for a further 2 or 3 minutes.

Add the coconut milk, fish sauce, garlic and lime juice. Stir then place the pieces of cod into the broth and place the lid on the pan and gently simmer for 5 minutes or until it feels firm when pressed.

(Depends on size of the fish).

Add the herbs to the pan and remove the pan from the heat.

Use fingertips to check for bones in the cod before cooking and remove with tweezers.

Blend the cod with a little broth, adding the mould starch as directed until the desired consistency is reached and put the cod into the fish mould. Freeze and reheat when required.

Serve the cod in a bowl with the coconut broth.

Salmon fillets can be used instead of cod.



Poached Sea Bass with Pea Puree, Beurre Blanc and Champagne Foam in Fish Mould

4 sea bass fillets,
skin on

1 tin mushy peas or
some cooked frozen
peas to make puree

Place the sea bass in a large wide pan in enough cold water to just cover. Bring to the boil and reduce heat to a gentle simmer for around 5 minutes. The fish will go opaque and start to float. Lift out of the liquor with a slotted spoon. Keep a little stock to blend, if required. Reduce the fluid to make the stock for your beurre blanc – see recipe.

Remove the skin and blend with a little stock. Add thickener and use fish fillet mould. Freeze and reheat as required. Blend the peas to make a puree, adding a little water as required.

Serve the sea bass with the pea puree, dress with the beurre blanc and champagne foam and parmentier potatoes.

Stuffed Poached Chicken in Chicken Mould with a Whisky Cream

2 large chicken
breasts, chopped
into 2 or 3
centimetre pieces

2 large slices of
Stornoway black
pudding

Poach the chicken by putting it in a pan with enough cold water to cover it, then bring to the boil and reduce the heat to a simmer for 6 to 8 minutes until cooked through. Check by cutting the largest piece.

Blend and thicken and pop into moulds. Black pudding can be pressed into a mould – choose a relatively flat one that can be used to layer between 2 pieces of chicken when you plate up. Freeze until ready to thaw and heat.

Arrange chicken on the plate with a 'slice' of black pudding between 2 pieces of chicken, heat through in the microwave.

Serve smothered with whisky cream sauce, blue cheese broccoli and mousseline potatoes.



Braised Lamb Shank with Boulangere Potatoes, Savoy Cabbage Cream and Madeira Jus

4 lamb shanks (1 per person)

$\frac{1}{2}$ a small onion

2 or 3 medium carrots

2 bay leaves

1 tablespoon of tomato puree

Sear the lamb shanks in a little oil and add the vegetables to get a little colour, then add the tomato puree.

Cook for 2 or 3 minutes and cover with water. Bring to the boil, cover with a lid and simmer for an hour. Then lift out the lamb shanks carefully into an oven proof dish with a little bit of the stock to cover the bottom of the dish. Keep the remaining stock for the jus. Cover loosely with foil and roast at 140°C for a further hour or until the meat is falling off the bone, removing the foil after 30 minutes. (Will give added colour).

Allow the shanks to cool a little. Pick the meat from the bones, then blend using a little stock (or a splash of Madeira). Thicken and put into moulds as required.

Serve with the potatoes, savoy cabbage cream, madeira jus and a plain gravy.





Slow Roasted Pork in Pork Chop Mould with Cider Reduction

750g rolled pork shoulder

Place in oven preheated to 150°C, in an oven proof dish with just enough water to cover the bottom of the tray. Place foil loosely on top. Roast for 2 hours.

Remove from oven and allow to rest for 30-40 minutes.

To blend – cut into small pieces and collect juices. Thicken and place in pork chop mould. Freeze until required. Thaw and microwave till heated through.

Serve with braised red cabbage, cider reduction, creamy mashed potato and Bramley apple sauce - from sauces and accompaniment sections.

Roast Beef Bearnaise and Ratatouille

500g topside of beef

Preheat oven to 160°C. Place beef in an oven proof dish with enough water to come roughly up the beef. Place a piece of greaseproof paper and then cover with tinfoil. (The greaseproof paper stops the foil sticking to the meat and water stops the meat drying out).

Roast for 2 hours.

Allow to cool. Blend, thicken and place in the mould.

Before blending a little bit of horseradish, dried tarragon or onion powder could be added to your beef for more flavour.

Serve topped with Bearnaise sauce, ratatouille, creamy garlic mash and a red wine reduction.





Tender Braised Beef in Beef Cube Mould with a Rich Onion Gravy and Haggis Bonbons

600g of diced
braising steak
1 large onion, diced
Beef gravy granules
to make the onion
gravy
1 small haggis

Beef can be braised on the stove for around the same time, gently simmering or in a slow cooker or pressure cooker, if preferred.

Preheat your oven to 180°C. Place the diced beef in an oven proof dish and add enough cold water to cover the steak.

Place a lid on you dish or cover with foil and put in the oven for around 90 minutes or until tender.

Fry the onion in a little oil until browned. Mix up the gravy granules, as directed on packet and mix with some of the juices from the beef. Heat through for a few minutes to reduce to required consistency. Strain gravy to remove onion, if desired.

Break small pieces of haggis off and shape into round ball about 2-3 cm in size. Heat covered with cling film in microwave to prevent a skin forming. (Alternatively, dip in beaten egg and coat in breadcrumbs and deep fry till golden brown and crispy).

Blend the beef, add thickener and put into beef cube mould. Freeze and thaw when required and heat through in microwave.

Serve with haggis bonbons, mushroom duxelle, clapshot and your roast onion gravy.



Spinach and Ricotta Ravioli with Sundried Tomato Oil

500g '00'
(pasta) flour

4 large egg
yolks, plus 3
large eggs

1 tablespoon
of olive oil

1 small tub of
ricotta cheese

500g baby
spinach

Pasta
machine –
relatively
cheap to buy
online (under
£30)

Mix all the ingredients together until smooth – may need a little more oil – dough should be soft and pliable. Knead for 2 or 3 minutes. Cut into 6 even sized pieces. Each piece will make 2 portions. Wrap each piece in cling film. Put enough for your dish into the fridge for at least 1 hour to rest and freeze the remainder for next time.

While pasta is resting, heat a frying pan and add oil and the spinach, then remove the pan from the heat and move the spinach around the pan until it wilts. Strain the spinach and allow to cool. Chop finely or puree, then squeeze the juice out when cold (you can put it in a clean cloth to squeeze) and put aside till ready to use.

Remove the dough from the fridge and allow to remain at room temperature for a few minutes. Roll out to a strip that will fit in the pasta machine. Pass it through the first setting – number one 10 times, then number 2 - 10 times until you have gone through all the setting to the top – usually 9 – thinnest. This is professional level.

Dust the worktop with a little flour and lay the pasta strip lengthways, ready for your filling. Dot a small spoonful of spinach 0.5cm from the edge closest to you, at 1.5 - 2cm apart along the length of your strip and then place a spoonful of ricotta on top of it. Moisten the 0.5cm edge of your pasta with a little water, using your finger or a pastry brush. Fold the pasta in half towards you, pressing the edges together to close. Cut your pasta between the filling and trim. Crimp edges together with your fingers to shape into small parcels.

Gently drop into a large pan of boiling water for up to a minute – they will start to float. Place on a clean tea towel to remove excess water (not kitchen paper, as this will stick).

Put a little sundried tomato oil on your plate, then your ravioli on top – prevents sticking. Dress your pasta with the tomato oil.

Fill with haggis or mushroom duxelle. Use pesto, garlic or chilli oil instead of sundried tomato oil.

Sri Lankan Cashew Nut Curry with Fragrant Cauliflower Rice

500g unsalted cashew nuts

1 tablespoon of turmeric

Water to soak nuts

For the paste

1 tablespoon each of turmeric,
paprika

1 teaspoon of coriander seeds,
cumin seeds, fenugreek, fennel
seed and cinnamon

2 star anise,

6 black cardamom pods

2 cloves

4 large cloves of garlic

2 tablespoons of desiccated
coconut

1 red chilli, chopped

1 stick lemongrass, chopped

2 cm piece of ginger, chopped

100g Basmati Rice

For the sauce

400ml coconut milk

400ml water

1 small tin of coconut cream

½ a large onion, chopped

2 large tomatoes, chopped

1 tablespoon of tamarind
puree

1 tablespoon of vegetable oil

Sock the cashew nuts in enough
cold water to cover completely
for at least 2 hours or preferably
overnight. Rinse and drain.

Put into a pan of cold water and
a tablespoon of turmeric, and
bring to the boil and simmer for
around 60 - 90 minutes until the
nuts are soft. Rinse and drain.

Toast all of the paste
ingredients in a dry pan over
a low to medium heat, moving
constantly until very dark and
toasted. Remove from the heat
and grind to a fine paste.

Fry the onion gently in a heavy
based pan till soft but not
coloured, add the paste keep
the heat low and keep stirring
for 4 or 5 minutes. Add the
tamarind paste and mix, then
add tomatoes, coconut milk,
coconut cream and water. (You
can use the tin from the coconut
milk to measure the water.) Add
the drained nuts and simmer
for 30 minutes until the sauce
reduces a little. Then blend to
required consistency. Thicken if
necessary.

Serve with the fragrant
cauliflower rice.



Main Course Accomplements

Blue Cheese Broccoli

1 large stem of broccoli, cut into similar size florets

50g of Stilton

50ml of double cream

Steam or boil the broccoli florets for 4 or 5 minutes to soften, but still retains its colour. Plunge into iced water to cool, then drain for a few minutes to remove the water.

Mash the stilton and double cream together and blend with the broccoli. Thicken and add to broccoli mould. Freeze until ready to thaw and use. Heat through covered with cling film in the microwave.

Clapshot

450g floury potatoes
(Maris Piper is a good example)

450g turnip or swede

1 medium onion
chopped or $\frac{1}{2}$ a
teaspoon of onion
powder

50g butter

Chop raw peeled potato and turnip into small (1 - 2cm) cubes and boil until soft, (turnip will take a few minutes longer than the potato) then drain.

Add both to 1 pan and stir over a low heat to dry out a little or mash will be too wet.

Melt butter and add onion, if using chopped, to brown a little, then blend. Finely mash or rice the potato and turnip and add the onion paste or powder.

Season to taste.

Fragrant Cauliflower Rice

- 1 small cauliflower
- 2 pieces of star anise
- $\frac{1}{4}$ stick of cinnamon
- Small piece of bashed lemon grass
- 3 squashed green cardamom pods
- Tablespoon of water

Trim leaves and stalk from cauliflower. Grate and put into a microwave dish with all the ingredients. Cover with cling film and microwave 1 minute on high power, then stir. Cover and give it another minute and stir.

Check if cooked and repeat if necessary.

Remove spices.

Braised Red Cabbage in Vegetable Mould

- $\frac{1}{2}$ a red cabbage
- 4 tablespoons of red currant jelly / or cranberry sauce
- 1 green apple, peeled and chopped
- 250ml of red wine
- 75g butter
- Water

Thinly slice the cabbage and peel and slice the apple.

Fry the cabbage in the butter to soften. Add the apple for 2 or 3 minutes and add the wine and red currant jelly and enough water to cover the cabbage.

Cook slowly over a low heat for 30 - 40 minutes until soft, stirring frequently. Liquor will reduce during cooking. You may need to add a little more water, occasionally but not too much.

Blend and add thickening agent, then put into your vegetable mould. Freeze and reheat when required.

Mushroom Duxelle

½ medium onion,
chopped

150g mushrooms

1 large clove of
garlic, chopped

1 pinch dried thyme,
optional

2 slices of white
bread, crusts
removed

A dash of Worcester
sauce (optional)

Knob of butter

Put the butter in a pan to melt, add onions till soft but don't colour, add the mushrooms and cook for 2 or 3 minutes. Then add the garlic, bread, Worcester sauce and thyme for about 1 minute, mixing well. Remove from the heat. Season to taste.

Put into a small ramekin to serve,
blending if necessary.

Potato Dishes

Mousseline Potatoes

450g potatoes, diced and boiled until soft. Drain and return to a clean pan over a low heat for 4 - 5 minutes until they dry out a little. (Helps keep them fluffy.) Mash with a large knob of butter and enough double cream till the desired consistency is reached. Season to taste.

Creamy Garlic and Cheese Mash

As above, adding a clove of chopped garlic to boiling potatoes for the last 2 minutes of cooking. Swap double cream for creamed cheese and mash thoroughly.

Boulangere Potatoes

Peel and slice potatoes and a medium sized onion thinly. Put in a pan and cover with your choice of stock and bring to the boil. Simmer for 5 minutes, then turn into an ovenproof dish and bake until potatoes are soft.

Tip: If you cut the onion following the grain (lines) it will stay retain its shape and a little texture. If you cut across the grain – it will go mushy, eventually. (Easier to blend).

Parmentier Potatoes

Boil diced potato, as before. Drain and cool. Deep fry or sprinkle with oil and roast in a hot oven until golden. Approx. 15 - 20 minutes. (Leave plain if you don't want crispy).

Duchesse Potatoes

Basic mash recipe, then piped into whirls and put into the fridge – they will get a skin on them. (Helps to keep their shape). Then bake in a hot oven till they get a golden colour.



Desserts



Decadent Dark Chocolate Pots, infused with Tia Maria

200g dark chocolate, no more than 70% (broken into small pieces)

100ml hot water

A splash of Tia Maria

125ml whipping cream

Crème Fraîche, to serve

Alternatives to Tia Maria are Baileys, Pop Corn Syrup – available in supermarkets, as coffee flavouring or top with Easy Creamy Caramel Sauce from Recipe.

Melt the chocolate in a microwave or heatproof bowl over a pan of barely simmering water, making sure the bowl doesn't touch the water. Take off the heat.

Add the hot water to the chocolate and add Tia Maria. The water must be added slowly and gradually to avoid the chocolate splitting.

Add the whipping cream.

Pour straight into small cups or glasses and leave to set in a cool part of the kitchen for at least 45 minutes before serving.

Serve with a dessert spoonful of Crème Fraîche.





Honey Baked Peaches with Vanilla Marscapone and Pina Colada Surf

4 large ripe peaches,
cut in half with
stones removed

4 teaspoons clear
honey

100g Marscapone,
lightly beaten

100ml double cream

2 or 3 drops of
vanilla extract

Preheat the oven to 350°F / 180°C / Gas 4. Put the peaches, cut side up, in an oven proof dish or baking tray and bake for 15 minutes.

Remove from oven, drizzle a teaspoon of honey over each peach and bake for a further 5 minutes, then remove the peaches from the oven and allow to cool a little, before removing the skin. (Can be chopped up or pureed, at this stage if required).

Whip the double cream until peaked, add the vanilla and fold in softened Marscapone. Serve topped with vanilla Marscapone and Pina Colada surf from recipe.



Crème Brûlée

400ml double cream

Seeds from 1 vanilla pod or 1 teaspoon of vanilla essence

4 medium egg yolks

50g caster sugar

Icing sugar for Brûlée

Alternative
topping, melt
some white
chocolate in a
bain marie and
spoon on top or
some caramel
sauce from
recipe.

Scoop the seeds from the vanilla pod and seeds put together in a saucepan with the cream and heat until almost boiling. While this is heating, put the yolks and sugar into a whisking bowl and place over the pan containing the cream. Whisk the yolks over the gentle heat until they become really pale, thick and foamy. This should take 4 or 5 minutes. At the last minute, remove the bowl and increase the heat under the cream until it starts to boil. Just as it starts to rise, pour 2 thirds into the whisking bowl on top of the egg mix. Whisk this together thoroughly, then pour the mix back into the hot pan with the remaining cream.

Place the pan back on the heat and stir with a wooden spoon or silicone spatula for 1 or 2 minutes until the mix thickens sufficiently to coat the spoon. When little puffs of steam starts to appear, remove from the heat and continue stirring for a further couple of minutes. Sieve the mixture into a jug to remove any lumps and pour into the ramekins almost to the brim. Cool then allow the mixture to set in the fridge for at least 6 hours or preferably overnight.

Or if you wish to Brûlée (burn) it, dust with icing sugar and use a place under a hot grill until the icing sugar browns. If you do this in advance and leave it half an hour or more, the Brûlée will become soft.

Islands Floating on Crème Anglaise with a Caramel Sauce

300ml whole milk

300ml double cream

1 teaspoon vanilla essence

6 medium egg yolks

100g caster sugar

6 medium egg whites

150g caster sugar

Heat the milk, cream and vanilla in a large lidded pan and bring to a simmer over a low heat.

Meanwhile, whisk the egg whites together on fast speed in a clean glass or metal bowl, until stiff peaks form. Whisk in the 150g sugar to the egg whites, 1 tablespoon at a time until the meringue is thick and glossy.

Using 2 large tablespoons dipped in cold water, shape 6 large quenelles from the meringue mixture and place in the poaching liquid, over a very low heat for about 9 - 10 minutes, flipping the quenelles halfway through.

Cover the pan with a lid while poaching, making sure the liquid doesn't boil or the meringues will puff then collapse. When the quenelles are puffed up and cooked, transfer them to a wire rack to drain.

For the crème anglaise, pass the poaching liquid through a sieve into a large jug.

In a large bowl, whisk the egg yolks and 100g caster sugar together until pale and fluffy. Pour over the warm poaching milk, whisking continuously. Pour the mixture back into the pan and cook over a very low heat for 3 or 4 minutes stirring continuously until smooth and thick enough to coat the back of a spoon.

Remove from the heat and pour a little crème anglaise into each serving bowl and float a quenelle of meringue on top.



White Chocolate and Raspberry Mousse on Boozy Sponge

150g white chocolate, broken into small pieces (or grated)

150ml cream, at room temperature

4 eggs, separated

250g raspberries, crushed and pushed through a sieve (frozen may be easier)

150g plain sponge cake, divided between 4 ramekins

Grand Marnier to soak sponge – a splash in each ramekin

Keep a few raspberries and a little mint, to garnish (optional)

Trim the edges off the sponge and crumble the sponge evenly into the ramekins. Lace with the alcohol, mix well to mush. Press lightly into base.

Put the chocolate in a heatproof bowl over a saucepan of simmering water, making sure the base of the bowl doesn't touch the water, stirring occasionally until melted.

Allow the chocolate to cool slightly, then stir in the cream, then the egg yolks into the chocolate.

Beat the egg whites in a clean dry bowl just until soft peaks form, then fold into the chocolate mixture. Gradually fold in the sieved raspberries.

Spoon on top of sponge in the ramekins, cover and refrigerate for 4 hours, or until set.

Garnish with extra raspberries before serving.



Sauces

Avocado Yogurt Dip

1 large ripe avocado
(Hass Avocados with
their firm flesh & dark
green textured skin
are best for this dip)

1 cup natural yogurt

1 clove garlic,
peeled & crushed

¼ teaspoon chilli
powder (optional)

Salt & freshly ground
pepper to taste

Cut the avocado in half lengthwise
and remove the stone. Use a spoon to
scoop the avocado flesh into a bowl and
mash with a fork. Stir in the remaining
ingredients.

Serve immediately to avoid
discolouration.

Bloody Mary Foam

2 ½ gelatine leaves

400ml of tomato
juice

2 sticks of celery

50ml of vodka

1 dash of Tabasco to
taste

1 dash of
Worcestershire sauce
taste

Juice of 1 lime

Salt and pepper to
season

Sit the gelatine leaves in cold water for
5 minutes to soften. Juice the 2 sticks of
celery. Squeeze the water out from the
gelatine.

Add all the ingredients to a small pan
and heat until the gelatine is dissolved.
Allow to cool, then chill in a fridge for 1
hour. (The mixture will be very loose).

Foam up mixture using a milk frother or
an electric whisk, immediately before
adding to and serving your chosen dish.

Bramley Apple Sauce

2 large or 3 small /
medium Bramley
Apples

50g sugar
50g butter

2 or 3 tablespoons of
water

Peel and chop the apples into small pieces.

Melt the butter in a lidded pan, add the apples, sugar and water. Stir, then place the lid on the pan. Lower the heat and stir occasionally, for about 15 mins until the apples break down, then mash into a purée.

For a change, put a little cooked celeriac in and mash with the apples.

Easy Creamy Caramel Sauce

75g caster sugar

3 fluid ounces of
double cream

Put the sugar into a small pan. Melt the sugar slowly, stirring with a wooden spoon over a low heat until the sugar turns a dark copper colour.

Stir in the double cream, then remove immediately from the heat to ensure the caramel does not burn.

Can be served hot or stir while cooling to serve with a cold dessert.

Add a little
ground sea salt
for a salted
caramel version.

Gribiche Sauce

4 hard-boiled eggs

2 egg yolks

Gherkins or cornichons,
same weight as eggs,
drained and chopped

8 - 10 capers, drained
and chopped

1 teaspoon Dijon
mustard (optional)

Salt and pepper

1 teaspoon white-wine
vinegar (optional)

150ml olive oil

A couple of sprigs of
fresh parsley, chopped

A sprig of fresh
tarragon, chopped

Separate boiled egg yolks from the whites.

Chop the whites and mix with chopped
herbs, gherkins and capers.

Grate the yolks and add to raw yolks.

Whisk the oil slowly drop by drop into the
mixed yolks until it forms a mayonnaise
consistency.

Stir in the egg white mixture.

Blend to smooth paste.

Hollandaise Sauce

150g unsalted butter

2 large egg yolks

1 dessert spoon white
wine vinegar

1 lemon

Place the butter in a medium pan over
a low heat to melt and remove from the
heat.

Put the egg yolks in a mixing bowl, then
place on the pan of gently simmering
water, ensuring it doesn't touch the
bottom of the bowl. It's important that the
saucepan is on a low heat, or the eggs will
scramble.

Using a balloon whisk, start to beat your
eggs, then whisk in your white wine
vinegar. Keep whisking, and then slowly
whisk in the melted butter, until all the
butter has been incorporated and it forms
a smooth, thick sauce.

Season to taste with sea salt and black
pepper, and loosen if necessary with a
little hot water.

Hummus

400g can of chickpeas, drained

Juice of half a lemon

1 or 2 cloves of garlic, crushed

1 teaspoon of ground cumin or coriander seeds

Pinch of salt

1 tablespoon of tahini (sesame seed paste) or 1 dessert spoon of peanut butter (if allergic – soak some pumpkin seeds or sunflower seeds for a couple of hours in just enough water to cover them, then blend or leave out altogether)

2 tablespoons of spoon extra virgin olive oil or rapeseed oil

Small bunch of coriander - keep some finely chopped to add after blending

Blend all ingredients together with your choice of flavouring (see below) or keep a little of your finely chopped ingredients for a little bit of texture. Add a little more juice or oil to get the consistency you want.

Serve with some bread, crackers, breadsticks, oatcakes or veg sticks e.g. carrots, peppers or celery.

Optional flavours to add:

1 whole cooked beetroot

1 medium onion caramelised (slowly over a low heat in a frying pan with 1 teaspoon of vegetable oil and add 1/2 a teaspoon of sugar once they start to brown)

1/2 a red pepper and 1 teaspoon of paprika

1 small chilli (finely chopped)

2 finely chopped sun dried tomatoes and a few basil leaves finely chopped

1 tablespoon of pine nuts – toasted in a dry pan. Freshly chopped parsley

Mayonnaise

2 large egg yolks
1 heaped teaspoon
Dijon mustard
500ml rapeseed oil
Salt to taste

Whisk the egg yolks in a bowl, then add the mustard and whisk together.

Gradually add about half the oil, very slowly a little at a time.

Once you've added about half the oil, whisk in a tablespoon of hot water from the kettle - this will loosen the mixture slightly and give it a paler colour.

Continue to gradually add the remaining oil, whisking continuously. Season with a pinch of salt and add a little more water, if needed.

Store in a sterilised jar in the fridge for up to 1 week.

Peanut Butter and Watercress Pesto

2 handfuls of washed, chopped watercress
30g smooth peanut butter
2 small garlic cloves peeled
30g grated fresh parmesan
60ml olive oil

Blend all ingredients except the olive oil, then add the oil slowly until the required consistency is reached.

Pina Colada Surf

3 sheet(s) of gelatine

175ml coconut
cream or milk

25ml white rum

300ml pineapple
juice

Soak the gelatine in cold water for 5 minutes to soften then squeeze the water out.

Heat up 125ml of pineapple juice and dissolve gelatine in it.

Mix the coconut milk, pineapple juice and rum. Allow to cool, then chill in a fridge for 1 hour. (The mixture will still be loose).

Foam up mixture using an electric whisk immediately before adding to your dish.

Red Pepper Coulis

1 large red pepper

Rub 1 large red pepper with a little oil.

Roast in the oven 10 minutes at 180°C.

Let the pepper cool, then peel the skin and deseed, over a deep dish. There will be some juice – keep this.

Blend the pepper with some of the juice. Thicken if required.

The skin is bitter, so needs to be removed. Green or yellow peppers can be very difficult to skin.

Red Wine Reduction

250g shallots finely
chopped
1 garlic clove, chopped
1 sprig of rosemary
3 tablespoons of
balsamic vinegar
(optional)
400ml of red wine
400ml beef stock
Some oil to fry shallots

Sauté the shallots in a medium saucepan with the oil over a high heat for about 3 minutes until lightly browned, stirring often. Season with ground black pepper and add the garlic and rosemary. Continue cooking for a further 3 mins, stirring often to prevent the shallots burning.

Pour in the vinegar and cook until evaporates down to a syrup, (if using) then pour in the wine and cook until reduced by two-thirds.

Pour in the stock and bring to the boil. Turn down the heat and simmer until reduced by two-thirds again, to around 250ml.

Pour through a sieve remove the garlic and rosemary. Add a little salt to taste and finally whisk in a knob of butter.

Remoulade Sauce

120ml Mayonnaise
from recipe
1 tablespoon finely
chopped chervil and
parsley
1 tablespoon capers,
chopped
1 tablespoon gherkins,
chopped
2 anchovy fillets,
chopped

Blend all ingredients together.

Saffron Cream

150ml fish stock
100ml double cream
Pinch of saffron

Bring fish stock to the boil and reduce by two-thirds.

Add the saffron and double cream.
Slowly reduce by half, then pass through a sieve.

Tartare Sauce

250ml mayonnaise
from recipe
3 tablespoons of
capers, drained and
chopped
3 tablespoons of
gherkins, drained and
chopped
3 tablespoons of finely
chopped chives
3 tablespoons of
chopped fresh parsley
A few chopped
olives
Sea salt and
freshly ground black
pepper

Mix mayonnaise with all the chopped ingredients and blend.

Whisky Cream Sauce

50g finely chopped
onion
2 fluid ounces of
double cream
 $\frac{1}{4}$ teaspoon coarse
grain mustard
25g butter
A splash of whisky
Black pepper to season

Melt butter in a pan over a low heat.
Cook chopped onions until soft.

Add the mustard and whisky. Flame the alcohol.

Add the cream and reduce over a low heat until it coats the back of a spoon.
This can be finished with butter whisked in at the end for extra richness.

Oils

Chilli Oil

½ red pepper chopped, 1 medium chillies finely chopped, 1 bay leaves, 1 medium cloves of garlic crushed, 1 sprigs of thyme, 500ml olive oil.

Garlic Oil

500ml olive oil, 4 cloves of garlic, 1 bay leaf, small sprig rosemary.

Add all the ingredients and allow to infuse for around 20 - 30 mins before serving. Store in a sealed container and for health and safety reasons, refrigerate for no more than 7 days. It will go cloudy in the fridge.

Tomato Oil

200ml olive oil, 8 sundried tomatoes – chopped.

Blend the oil and tomatoes together. If not using immediately, store in the fridge for no more than 7 days.

Tapenade

50ml olive oil, 6 pitted black olives, 1 small clove of crushed garlic, 2 anchovy fillets.

Blend all ingredients. Store in fridge 7 days.

Puree Food Moulds

In this section we show you how to prepare simple foods such as chicken, fish and vegetables and present them in a way that looks really appetising, using food moulds. By doing this, people who have lost their sense of taste and or smell may be able to anticipate the taste and smell of the foods. We have just given a few examples but feel free to experiment with different flavourings and foods. If you would like to try out the food moulds, please contact me at liz.grant6111@gmail.com

First of all, some hints and tips on using them!

Before using the moulds and lids, wash with warm soapy water or in the dishwasher. The moulds can be used to reheat the pureed food either in the oven or in the microwave. They can also be put into the freezer! To remove frozen moulded food, simply apply mild pressure to the back of the mould.



Direct Plate Reheating

Add thickened texture modified food into silicone moulds and freeze for a minimum of 2 hours. Allow plated moulded food to thaw in the fridge with a suitable plate cover. Always cover plated food appropriately to prevent it drying out during reheating.

Direct Silicone Mould Reheating

Before placing the food into the mould, spray a light coat of cooking oil onto the mould cavities. Just prior to reheating, remove the silicone lid and spray a light coat of cooking oil on top of the silicone mould tray. Place the lid back on. This will ensure the top of the food mould doesn't burn or dry out during the reheating process.

Warning

Handling hot silicone moulds unprotected can cause burns. Use thick oven glove or similar, when handling. Turn hot silicone mould upside down. Push food moulds directly onto the plate.



Tips for Cooking

Fish

Source only tail pieces of fish if you are not comfortable finding bones, as there is none there, feel the edges and middle just in case of rough edges.

Ask for a tail piece of cod, as there are no bones in the tail and it will take less cooking time.

The fish should smell of smoke and will be an off white colour ,dyed has no taste.

Potatoes

Floury potatoes usually have proper names as opposed to white, large or regional.

Peel potatoes for smoother finish, leave on for better flavour.

Make sure potatoes are not overcooked, as soon as you can, crush them. The smaller you cut them, the quicker they'll cook.

For a creamier, richer mash and to add more calories, add a couple of fluid ounces of double cream.

Once potatoes are drained, return to pan and stir on a low heat for a few minutes to dry out, prior to mashing, otherwise mixture will be too wet and won't hold any shape.

Garlic & Herbs added at last minute will maximize flavours so be careful!

Darker Mushrooms will give richer flavour, dried more intense but will have to be soaked overnight (Juice can be used next day, but be careful of grit).

Adding butter just before blending will give a rich glossy finish.
(Monte au Beurre as the French call it!)

Most sauces can be enhanced this way, usually cold butter whisked in at end.

White bean and onion is an alternative to mushroom with white truffle oil instead of nutmeg.

Avocados should give a little when pressed. If it doesn't, don't use it. Leave in a paper bag (allows air to circulate) in a cool dry area to ripen.

If a *Sauce* reduces too far, it may split. This can be rescued. Remove from stove and add a splash of water and stir.

Do not leave *eggs and sugar* in a bowl unmixed, for any length of time as lumps will form. If the mixture starts to split, immediately pour it through a fine sieve into a cold bowl and that should rescue it.

Bramley / cooking apples break down easily when cooking, whereas eating apples don't.

If you do not want to use *Madeira in the lamb shank* recipe, blend a little fresh mint to the warm meat before blending for an alternative flavour. Mint sauce could be used, but contains vinegar, therefore might not be suitable.

To cook fragrant *basmati rice*. 75g per portion. You can boil spices or fragrances in water and strain into the rice to avoid bits, if worried about picking them out. Add rice to a small dry lidded pan, add the boiled, flavoured water and bring back to the boil. Ratio is 2:1 water to rice. Cover with the lid and reduce to a very low heat. Leave to cook, covered for 10 minutes. All the water should be absorbed. If not, turn off heat and replace lid for another few minutes. Blend if desired.

Tips for Cooking

A little squid ink, pureed spinach or passata can be added to dry ingredients when making *pasta* to add colour and flavour.

Hot smoked salmon is made using more heat so it is effectively cooked, as well as smoked.

Line bowl or ramekins with cling film to make removing the mousse easier.

Zest the *lemon* first, taking care not to get pith as this is bitter. Topping and tailing the lemon before cutting in half, will get more juice out when you squeeze it.

A can of salmon (bones removed) can be used instead of hot smoked and yoghurt instead of double cream will give a healthier option.

Acknowledgements

Danny McArdle has been a chef for almost 40 years, mainly in Hotels and spent 10 years teaching in Glasgow Cookery School and Tennent's Training Academy. He has been Head Chef at Elior in Greenock for just over 2 years.

Liz recently retired from the NHS after a 32 career in nursing and health improvement. They met at Christmas 2010 and have been happily married since July 2014. When they get time off together, they enjoy hillwalking, and travelling, sampling different cultures and food.

As a couple of foodies, they were delighted to become involved in this book to help show that soft or pureed food can still look and taste good.



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